



Child Care Chronicles



A Newsletter of MountainHeart South
for all providers of child care

Vol. X Issue 2

Come visit us at: <http://ccsouth.mountainheartwv.org>

SPRING 2013



Reflections From My Desk

WV Campaign to Raise Young Children out of Poverty

Have you heard about the WV Campaign to Raise Young Children out of Poverty-- "Our Children, Our Future"?

The campaign is driven by WV Healthy Kids Executive Director, Stephen Smith and joined by other family focused organizations and a diverse host of concerned citizens from all walks of life around the state. The campaign has hosted numerous meetings and forums in all areas of West Virginia and is organizing a broad coalition, listening to comments about children and poverty, conducting surveys, mobilizing a strong base of families and kids to share their stories and gaining very positive attention by decision makers and state leaders.

In an abbreviated version, here are six key findings as reported by Steven Smith, in the Executive Summary "Child Poverty in WV: A Growing and Persistent Problem":

- ♥ Living at or near poverty is the norm for kids in West Virginia.
- ♥ Poverty is crueler than it used to be
- ♥ Poverty is not inevitable.
- ♥ An ounce of prevention is worth a pound of cure.
- ♥ The solutions are simple, but hard.
- ♥ Parents are the solution, not the problem.

To read the full report, visit www.wvpolicy.org. To lend a hand, contact Stephen Smith at ssmith@wvhealthykids.org.

**3 in 10
WV Kids
grow up in
poverty**

Margie

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MountainHeart CCR&R

Health and Safety Mini-Conference

5 hours STARS approved credit
Saturday June 15, 2013 from
9:00AM-3:00AM

Location: The Fellowship Hall at the Methodist Temple
201 Temple View Drive, Beckley WV



Due to limited space please remember to pre-register for this mini-conference by calling Reba at 1-866-872-9204.

Topics to include: Communicable Diseases by Glenna Bailey RN, MSN; Highway and Car Seat Safety by Dean Capehart, WV Governors Highway Safety Program; Period of Purple Crying by Kathy Bailey, RN, MSN, Patient Educator/Lactation Consultant.

Save The Date!

Great Beginnings Infant/Toddler Conference

Sept. 13th - 8:30am - 5:30pm
Sept. 14th - 8:00am - 12:00pm
Charleston Civic Center



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Certification Reminder for Family Child Care Providers

According to Child Care regulations Family Child Care providers must:

- ♥ 6.3.a. Within six months of initial registration, a caregiver shall obtain:
- ♥ 6.3.a.1. Approved training in basic first aid that includes rescue breathing and choke saving and
- ♥ 6.3.d. Caregivers completing approved training resulting in certification in basic first aid and rescue breathing shall renew the certification thirty days prior to the date the certification in such training expires



The two certifications in our area are:

- ♥ **American Red Cross** which is good for two years and sessions are from 2 to 5 hours depending on the course option. To find a Red Cross chapter near you go to www.redcross.org.
- ♥ **American Heart Association** which is good for two years and sessions are from 2 to 7 hours depending on the course option. To find an American Heart provider near you go to www.heart.org.

If you have any questions or need more information please contact your local MountainHeart Office.

Submitted by: Sara Monroe, Assistant Program Director

Basic Bike Safety

It's a gorgeous day, the sun is shining, the birds are chirping and there is no rain in sight. What could be better than a bike ride? Providers, wait! Before children jump on bikes and ride, let's find out how to stay safe on two wheels.

According to, NHTSA, "Riding is fun and a great way to get around, visit friends, stay in shape and explore, but bicycles aren't toys. Bicycles are actually vehicles--- your first car! Learning to ride safely and to keep safe while riding will allow you years and years of FUN!"

Top Bicycle Safety Rules

- ♥ Always wear a properly fitted bicycle helmet to protect your head – every time you ride.
- ♥ Use a bicycle that is the appropriate size for you, not one that is too big.
- ♥ Before you ride make sure you don't have any loose clothing, drawstrings, or shoelaces; they can get caught in your chain and make you fall.
- ♥ Have an adult check the air in your tires and make sure your brakes are working before you ride.
- ♥ Wear bright clothes so others can see you at all times of the day.
- ♥ Stay alert at all times; never listen to music when riding. Pay attention and watch for obstacles and other bicyclists around you.
- ♥ Learn and follow the rules of the road.

Always remember in a child care center to ride on a safe hardtop surface separate from small children and obstacles. Family child care homes remember to always ride in an area that is free from traffic. Bicycling is an enjoyable activity when done safely.

Submitted by Sara Mathes, Early Childhood Specialist

Resources:

<http://www.nhtsa.gov/Bicycles>

<http://www.backroadscentury.org/resources/bicycling-laws>

http://kidshealth.org/kid/watch/out/bike_safety.html#



IMPORTANT INFORMATION ABOUT TECHNICAL ASSISTANCE

MountainHeart Early Childhood Specialists are now offering Technical Assistance. Technical Assistance is the providing of advice, assistance, and training pertaining to the process of operating a child care home, facility, or center. If you need help setting up your space to accommodate the children in your care, preparing developmentally appropriate activities, finding ways to organize childcare paperwork, or dealing with challenging behaviors, our Professional Development staff are ready and willing to provide Technical Assistance.

The benefits to you are many. One benefit is you can receive a one hour STARS certificate for the one-on-one assistance provided. In addition, you have the opportunity to discuss specific concerns in a supportive environment while receiving this assistance. As we work together we can provide the quality care our precious children deserve.

For more information or to set up a technical assistance visit, please contact: Joanne McCallister Professional Development Supervisor at 304-253-7654 or 1-888-799-9217



Come visit us at: <http://ccsouth.mountainheartwv.org> or <http://facebook.com/mountainheartwv>

Congratulations!



Highway Safety Advocate Awards were presented to, from left, Margie Sadler (WV MADD), Mary Jones (MountainHeart Community Services), Lola Rizer (Southern Communications), Lynn O'Brien (Crime Stoppers), and George Bragg (GEM Photo).

One of our MountainHeart Professional Development staff was honored at the annual Governor's Southern Regional Highway Safety Awards Banquet in January!

Kudos to Mary Jones, TRAILS Associate in the Beckley Office, for the car seat safety trainings she provides to Child Care providers! She was presented an award plaque at the banquet by Bob Tipton, Director of the Governor's Highway Safety Program.

Lt. Paul Blume is the local instructor who trains the trainers and also provides our MountainHeart CCR&R Program with life size training dolls and car seats for those unable to purchase their own.

Ms. Jones became a certified car seat safety specialist last year in 2012. Sandra Cox, TRAILS Associate in the Lewisburg Office is also a certified car seat safety trainer.

Car seats correctly installed and properly used save the lives of infants, toddlers and children!

Submitted by Margie Younce, Program Director

Child Care As A Business

Throw out the "white out"! It will save you time and money if you do. Corrections on the Request for Payment form or the Child Care Attendance sheet should not be made with white out. What does this mean for you, the child care provider? Unfortunately, if white out (either the correction fluid or tape) has been used on either one of these forms, no payment can be made for any child listed. Forms will be returned, and the child care provider will need to completely redo any form in which white out has been used. This will also cause a delay in provider payment! MountainHeart staff does not want this to happen, so please read below on ways to prevent delay in your child care subsidy payment:

- Q** - Is it ever okay to use "white out" on the Request for Payment form or the Child Care Attendance Sheets?
- A** - NO. It is never acceptable to use "white out" on these State forms.
- Q** - If I make a mistake, such as entering the incorrect Sign In Time on the Attendance Sheet, what should I do to correct the error?
- A** - Providers, and parents as appropriate, shall mark a line through the incorrect information, make the correction, and then initial all corrections made.

Other ways to avoid a delay in payment is to make sure AM/PM has been listed on both the Time In and Time Out sections of the Attendance Sheet. Make sure the Parent has signed (initials cannot be accepted) on both the Time In and Time Out sections for each day the child was in attendance. Please ensure that the number of days, Part Days (1 min. to 1 hr. 59 min.), Part Days (2hrs up to 3 hrs. 59 min.) and Full Days (at least 4 hours) have been checked correctly on the Attendance Sheet. Then, please make sure these days are entered correctly on the Number of Days section on the Request for Payment form.

Please contact your local MountainHeart Resource and Referral office for any information you would like to receive on the billing process or for additional Provider Payment Training.

Submitted by Betty Hamrick: Supervisor/Case Management Coordinator, Summersville

Resource:

Bureau for Children and Families Policy, Division of Early Care and Education
Child Care Policy and Procedures Manual (September 2010)



Roma's Real World

Helping Children Learn to Focus in a Stressful World

Children living with uncertainty and insecurity have a difficult time focusing on learning and using acceptable behavior. The world of childhood has changed and the opportunities for teacher/caregivers have changed as well. The opportunity to make a difference in children's lives has never been greater than it is today. You may be the best link between the children you care for and their future. Below are a few ideas to help children learn to focus:

- ♥ Call positive attention to the child who is focused. For example, "I like the way Nick is listening to our story."
- ♥ Increase visual, auditory, and physical cues/prompts to gain attention and help the child refocus.
- ♥ Use private signals and cues that have been pre-arranged with the child to help focus attention.
- ♥ Provide preferential seating in front, within cueing distance of the teacher/caregiver and away from as many environmental distractions as possible. Make sure the child is seated among attentive well-focused children.
- ♥ Increase teacher/caregiver proximity (standing near or walking close to the child). Physical prompts such as touching the child on the shoulder. Always regain eye contact before redirecting.
- ♥ Use behavior modification techniques with positive reinforcement for motivating and reinforcing on-task behavior.
- ♥ Organize the environment and provide options for less distracting work areas. Only have items in the workstation that relate to the activity.
- ♥ Allow the use of earphones or earplugs for the distractible child during table work or independent activities.



Resources: How to Reach and Teach Children with ADD/ADHD (Practical Techniques, Strategies, and Interventions). Written by: Sandra F. Rief. Making It Better: Activities for Children Living in a Stressful World. Written by: Barbara Oehlberg.

Submitted by: Roma Lester, MA, Behavior Consultant

For more information please call: 1-800-834-7082

FRONTLINE ADVOCATE: SAFE AND SOUND

18th Annual Greenbrier County Early Childhood Conference

April 5th, 2013

8:00 am - 3:00 pm

Speaker: Jim Holler, retired Police Chief, Liberty Township PA

This conference will give everyone an opportunity to learn how to be safe when dealing with the public. Diffusing a potentially dangerous situation, learning the issues with social networking, and the importance of dealing with stress will be some of the topics.



REGISTRATION FEE: \$35.00

(Make checks payable to the FRN of Greenbrier County)

Please mail your registration to:

FRN of Greenbrier County
P.O. Box 623
Lewisburg, WV 24901

DEADLINE: March 22nd, 2013

5 hours WV STARS Approved

CEU's Available: Nursing and Social Work

Discounts are available for groups of 20 or more but must be mailed together

For More Information: greenbrierfrn@yahoo.com

Or 304-646-3622

Sponsored by:

Greenbrier Early Childhood Committee, MountainHeart CCR&R, Greenbrier Valley Medical Center and Children's Home Society

Professional Development Session on Child Growth and Development

Title: Part II-Theories of Attachment: How It Relates to Working with Young Children and Their Families
Description: This session will begin with a review of Attachment Theory and the theorist ideas and beliefs about attachment. The participants will gain an understanding of attachment theory and how it affects children’s behavior in the early childhood settings. The participants will discover strategies to help young children with challenging behaviors that relates to attachment disorder.
Registration: Please call Reba at 1-866-872-9204 to Pre-Register.



Date: May 13, 2013 from 12:30 pm-2 :30 pm
 Mercer County Workforce in Princeton

Core Competency: 2 hr. Child Growth and Development (Tier III)
Target Audience: All

Administrator Module for West Virginia Infant/Toddler Professional Development Program for Caregivers II (WVIT II)
April 9, 2013 9:00 am - 4:00 pm
 MountainHeart Office in Summersville

West Virginia Infant/Toddler Professional Development Program for Caregivers II (WVIT II)

The success of the first level of West Virginia Infant/Toddler Professional Development Program for Caregivers (WVIT) has prompted WVDHHR Early Care Division to develop the next level (WVIT II) of professional development for caregivers of infants and toddlers in order to increase the quality of care and education of West Virginia’s youngest children across the State.

Shaken Baby Syndrome

Core Competency - 2 Hrs. of Health, Safety and Nutrition (Tier II)

Target Audience: Infant/Toddler

Summary - This professional development session will present the clinical symptoms of a severe shaking and situations that can lead to a caregiver’s loss of control. Participants will learn ways to anticipate and ease frustration, anger, and stress that can occur when caring for a baby or young child.

WVIT II consists of a 35 hour course for caregivers, 10 classroom sessions and a practicum and a six hour course for administrators (2 classroom sessions). Caregivers and administrators enrolled in this program will have successfully completed WVIT I. This professional development program aligns with WV STARS Core Competencies for Early Care and Education Professionals.

**Please note that you MUST be registered on the WV STARS Career Pathway to attend this training*

Tuesday, June 4, 2013
10:00 am - 12:00 pm
 MountainHeart Community Services Office in Kopperston

MountainHeart CCR&R in Summersville
Participants sessions as follows:

- | | |
|----------------------|-------------------|
| Session 1 - May 15 | 1:00 pm - 4:30 pm |
| Session 2 - May 22 | 1:00 pm - 4:30 pm |
| Session 3 - May 29 | 1:00 pm - 4:30 pm |
| Session 4 - June 12 | 1:00 pm - 4:30 pm |
| Session 5 - June 19 | 1:00 pm - 4:30 pm |
| Session 6 - June 26 | 1:00 pm - 4:30 pm |
| Session 7 - July 3 | 1:00 pm - 4:30 pm |
| Session 8 - July 17 | 1:00 pm - 4:30 pm |
| Session 9 - July 24 | 1:00 pm - 4:30 pm |
| Session 10 - July 31 | 1:00 pm - 4:30 pm |



NEVER, NEVER, NEVER SHAKE A BABY

Please contact Infant/Toddler Specialist, Tricia Smith to reserve your seat in WVIT I or WVIT II
 1-866-872-9204 or 304-872-9200

Anyone Wishing To Attend Professional Development Sessions Must Be Pre-Registered In Order To Attend.

Please call Reba @ 1-866-872-9204 to reserve your seat today!

If you are registered for a session, you will be notified by telephone if the session is canceled.

MountainHeart CCR&R is funded through a grant from DHHR, Bureau for Children and Families, Division of early Care and Education. MHCCR&R was established in 1992.

PLEASE NOTE THE FOLLOWING

THERE WILL ONLY BE ONE TOPIC OFFERED FOR THE MONTH OF APRIL. THE PARTICIPANTS ATTENDING THIS SESSION MUST STAY FOR THE ENTIRE 4 HOURS TO BE ELIGIBLE FOR A CERTIFICATE.

**MountainHeart South Professional Development Schedule
WV STARS Certified Trainers: Dianna Thompson and Sara Mathes**

April Topic

Topic 1 - West Virginia Early Learning Standards Framework

Core Competency - 4hr. Program Management (Tier II)

Target Audience - Adults

Summary - Participants of this professional development session will learn more about the West Virginia Early Learning Standards Framework. Discussion will include the purpose of the framework, the areas of development covered and how to incorporate the standards into curriculum planning.

<u>Braxton</u> See session listed for Infant/Toddler Professional Development Opportunities	<u>Nicholas - *MountainHeart Office 1020 Broad St. Summersville*</u> (Mon.) April 22, 2013 2:00 pm - 6:00 pm	Topic 1
<u>Fayette - Fayette County DHHR in Oak Hill</u> (Mon.) April 15, 2013 10:00 am - 3:00 pm	<u>Pocahontas</u> See sessions listed for Greenbrier or Nicholas Counties	Topic 1
<u>Greenbrier - Greenbrier County Workforce in Lewisburg</u> (Tues.) April 23, 2013 10:00 am - 3:00 pm	<u>Raleigh - MountainHeart Community Services in Beckley</u> (Tues.) April 23, 2013 10:00 am - 2:30 pm	Topic 1
<u>McDowell - McDowell County Workforce in Welch</u> (Mon.) April 15, 2013 10:00 am - 3:00 pm	<u>Summers</u> See sessions listed for Greenbrier or Raleigh Counties	Topic 1
<u>Mercer - Mercer County Workforce in Princeton</u> (Mon.) April 8, 2013 12:30 pm - 4:30 pm	<u>Webster</u> See sessions listed for Braxton or Nicholas Counties	Topic 1
<u>Monroe</u> See sessions listed for Greenbrier and/or Mercer Counties	<u>Wyoming</u> See the session listed for McDowell or Raleigh Counties	

Infant and Toddler Professional Development Opportunities

How About Them EERs? An Introduction to the Environment Rating Scale

Core Competency - 2 hr. Program Management (Tier III)

Target Audience - Adults

Summary - Participants of this professional development session will gain knowledge about the Environment Rating Scales, practice scoring using the ITERS-R and then discuss how to implement quality improvement plans.

(Thurs.) April 11, 2013	5:00 pm - 7:00 pm	Robbin's Nest Child Care in Sutton
(Tues.) May 7, 2013	10:00 am - 12:00 pm	McDowell County Workforce in Welch
(Mon.) June 24, 2013	10:00 am - 12:00 pm	Summers County DHHR in Hinton

Baby Picasso

Core Competency - 2 hr. Curriculum (Tier II)

Target Audience - Infant/Toddlers

Summary - Participants will discuss topics centered on facilitating art experiences for infants and toddlers using concepts presented in the Infant/Toddler Environment Rating Scale.

(Thurs.) April 11, 2013	7:00 pm - 9:00 pm	Robbin's Nest Child Care in Sutton
(Tues.) May 7, 2013	1:00 pm - 3:00 pm	McDowell County Workforce in Welch
(Tues.) June 4, 2013	1:00 pm - 3:00 pm	MountainHeart Community Services in Kopperston
(Mon.) June 24, 2013	1:00 pm - 3:00 pm	Summers County DHHR in Hinton

The West Virginia Early Learning Standards for Infants and Toddlers

Core Competency - 4 hr. Program Management (Tier II)

Target Audience - Adults

Summary - This professional development session provides an opportunity to explore WV ELSF for Infants and Toddlers. Participants will be introduced to the document and will discuss how to implement it into their daily routines.

(Sat.) May 11, 2013	9:00 am - 1:00 pm	Mercer County Workforce in Princeton
(Tues.) May 21, 2013	4:00 pm - 8:00 pm	Fayette County Starting Points Center in Falls View
(Tues.) June 18, 2013	5:00 pm - 9:00 pm	Tender Touch Child Care in Peterstown

Anyone Wishing To Attend Professional Development Sessions Must Be Pre-Registered In Order To Attend.

Please call Reba @ 1-866-872-9204 to reserve your seat today!

If you are registered for a session, you will be notified by telephone if the session is canceled.

MountainHeart CCR&R is funded through a grant from DHHR, Bureau for Children and Families, Division of early Care and Education. MHCCR&R was established in 1992.

MountainHeart South Professional Development Schedule

WV STARS Certified Trainers: Dianna Thompson and Sara Mathes

May Topics

Topic 1 - School's Out for Summer!

Core Competency - 2hr. Curriculum (Tier II)

Target Audience - All ages

Summary - It will not be long before school is out and the school age children will be with you all day! This professional development session will offer suggestions and ideas to make the summer months more fun for everyone.

Topic 2 - Let's Get Unplugged and Go OUTSIDE!

Target Audience - Adults

Core Competency - 2hr Curriculum (Tier II)

Summary - Children spend too much time using electronic devices. Summer is a great time for outside activities in several curriculum areas such as science, art, and math. This session will give suggestions for incorporating areas normally done inside to the outside.

<p><u>Braxton</u> See sessions listed for Nicholas or Webster Counties</p> <p><u>Fayette</u> See session listed for Infant/Toddler Professional Development Opportunities</p> <p><u>Greenbrier - Greenbrier County Workforce in Lewisburg</u> (Fri.) May 17, 2013 10:00 am - 12:00 pm Topic 1 1:00 pm - 3:00 pm Topic 2</p> <p><u>McDowell</u> See session listed for Infant/Toddler Professional Development Opportunities</p> <p><u>Mercer - Mercer County Workforce in Princeton</u> (Tues.) May 7, 2013 10:00 am - 12:00 pm Topic 1 1:00 pm - 3:00 pm Topic 2</p> <p><u>Monroe</u> See session listed for Infant/Toddler Professional Development Opportunities</p>	<p><u>Nicholas - *MountainHeart Office 1020 Broad St. Summersville*</u> (Mon.) May 6, 2013 10:00 am - 12:00 pm Topic 1 1:00 pm - 3:00 pm Topic 2</p> <p><u>Pocahontas - McClintic Library in Marlinton</u> (Mon.) May 13, 2013 10:30 am - 12:30 pm Topic 1 1:00 pm - 3:00 pm Topic 2</p> <p><u>Raleigh - MountainHeart Community Services in Beckley</u> (Wed.) May 8, 2013 10:00 am - 12:00 pm Topic 1 1:00 pm - 3:00 pm Topic 2 (Tues.) May 21, 2013 12:00 pm - 2:00 pm Topic 2 2:30 pm - 4:30 pm Topic 1</p> <p><u>Summers</u> See sessions listed for Greenbrier or Raleigh Counties</p> <p><u>Webster</u> See sessions listed for Braxton or Nicholas Counties</p> <p><u>Wyoming</u> See session listed for Infant/Toddler Professional Development Opportunities</p>
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Mind in the Making Introductory Module for Facility/Child Care Center Directors

The Modules are a 12-part learning process that uses research on children's development including classic and recent studies on how children learn and how teachers can encourage engaged learning. As a facility/child care center director it is mandatory that you attend the overview session before sending staff to the Mind in the Making Series.

**The Overview Session for Mind in the Making is scheduled for
March 28, 2013 from 1:00 pm - 3:00 pm at the MountainHeart CCR&R Office in Princeton.**

Mind in the Making Modules

The modules are a 12-part series that uses research on child development including classic and recent studies on how children learn and how teachers can encourage engaged learning.

45 hours WV STARS Core Competency in the areas of Child Growth and Development - 6 hrs., Positive Interactions and Relationships - 12hrs, Curriculum - 15 hrs., Child Observation and Assessment - 3hrs, and Professionalism - 9hrs.

Lifeline Child Care Center in Princeton

Cost of the modules is \$50 and Scholarships are available. Please contact Dianna Thompson at 1-866-872-9204 for scholarship applications. Applications must be received by March 15, 2013 to allow time for processing.

Participants must be register on the WV STARS Career Pathway

April 4, 2013 5:30 pm - 8:30 pm	May 2, 2013 5:30 pm - 8:30 pm	June 6, 2013 5:30 pm - 8:30 pm
April 11, 2013 5:30 pm - 8:30 pm	May 16, 2013 5:30 pm - 8:30 pm	June 11, 2013 5:30 pm - 8:30 pm
April 16, 2013 5:30 pm - 8:30 pm	May 23, 2013 5:30 pm - 8:30 pm	June 13, 2013 5:30 pm - 8:30 pm
April 25, 2013 5:30 pm - 8:30 pm	May 30, 2013 5:30 pm - 8:30 pm	June 27, 2013 5:30 pm - 8:30 pm

Anyone Wishing To Attend Professional Development Sessions Must Be Pre-Registered In Order To Attend.

Please call Reba @ 1-866-872-9204 to reserve your seat today!

If you are registered for a session, you will be notified by telephone if the session is canceled.

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PLEASE NOTE THE FOLLOWING

THERE WILL ONLY BE ONE TOPIC OFFERED FOR THE MONTH OF JUNE. THE PARTICIPANTS ATTENDING THIS SESSION MUST STAY FOR THE ENTIRE 4 HOURS TO BE ELIGIBLE FOR A CERTIFICATE.

**MountainHeart South Professional Development Schedule
WV STARS Certified Trainers: Dianna Thompson and Sara Mathes**

June Topic

Topic 1 - Understanding the Difference Between Observation and Assessment

Core Competency - 4hr. Child Observation and Assessment (Tier II)

Target Audience - Adults

Summary - Participants of this professional development session will explore the difference between observation and assessment. Participants will have the opportunity to practice making observations and also learn about the importance of both assessment and observation in the early childhood environment.

<u>Braxton</u> See session listed for Infant/Toddler Professional Development Opportunities		<u>Nicholas - * MountainHeart Child Care 1020 Broad Street Summersville*</u> (Mon.) June 24, 2013 12:00 pm - 4:00 pm Topic 1
<u>Fayette - Fayette County DHHR in Oak Hill</u> (Thurs.) June 13, 2013 10:00 am - 2:30 pm Topic 1		<u>Pocahontas</u> See sessions listed for Greenbrier and/or Nicholas Counties
<u>Greenbrier - Greenbrier County Workforce in Lewisburg</u> (Mon.) June 3, 2013 10:00 am - 2:30 pm Topic 1		<u>Raleigh - MountainHeart Community Services in Beckley</u> (Tues.) June 25, 2013 12:00 pm - 4:00 pm Topic 1
<u>McDowell - McDowell County Workforce in Welch</u> (Mon.) June 10, 2013 10:00 am - 3:00 pm Topic 1		<u>Summers</u> See session listed for Infant/Toddler Professional Development Opportunities
<u>Mercer - Mercer County Workforce in Princeton</u> (Tues.) June 4, 2013 10:00 am - 3:00 pm Topic 1		<u>Webster - Webster County DHHR in Webster Springs</u> (Wed.) June 5, 2013 10:00 am - 2:30 pm Topic 1
<u>Monroe</u> See session listed for Infant/Toddler Professional Development Opportunities		<u>Wyoming</u> See session listed for Infant/Toddler Professional Development Opportunities

Saturday Professional Development Sessions

**WV Early Learning Standards
May 11, 2013 from 9:00 am - 1:00 pm
Mercer County
Workforce in Princeton**

**Safety Mini Conference
June 15, 2013 from 9:00 am - 3:00 pm
Raleigh County
The Place at the United Methodist Temple in Beckley**

Things to Remember about Professional Development Sessions...

- ♥ Please remember to pre-register for all professional development sessions by calling Reba at 1-866-872-9204.
- ♥ If you register for a class and are unable to attend, please contact MountainHeart and let them know. There may be a waiting list for that class.
- ♥ Infants and children are not to attend professional development sessions. Alternative child care arrangements need to be made prior to the class.
- ♥ All sessions will begin at the scheduled time. If you miss 15 or more minutes during the course of the session, you will not receive credit for the session.
- ♥ Upon arriving for the professional development session all cell phones and electronic devices need to be set to vibrate or meeting. Please no texting during the sessions.
- ♥ Remember if public schools are canceled in your county due to inclement weather, there will be no professional development sessions that day.

***Anyone Wishing To Attend Professional Development Sessions
Must Be Pre-Registered In Order To Attend.***

Please call Reba @ 1-866-872-9204 to reserve your seat today!

If you are registered for a session, you will be notified by telephone if the session is canceled.

MountainHeart CCR&R is funded through a grant from DHHR, Bureau for Children and Families, Division of early Care and Education. MHCCR&R was established in 1992.



TRAILS Mix

“Think Pink Nail Polish”



If you meet a man named Scott Deming, you may notice that his pinky finger has pink nail polish on it. This seems a little odd as Scott Deming is a well known motivational speaker. In fact, Mr. Deming wants you to ask him why his nail is painted pink. He will tell you about his 2 year old granddaughter, Amaya, who loved animals and bugs. Last September, independent Amaya pulled open a cabinet drawer to climb up to the DVD player on top of the TV. Unfortunately, the TV and furniture tipped over and fell on Amaya who died instantly.

He shares this story publicly because these tragedies are preventable. According to www.safekids.org, injuries from TV tip-overs have risen by 31% in the last 10 years. According to the Consumer Product Safety Commission, there were 41 fatalities (the majority under 9 years old) in 2011 from this type of accident. That would be approximately 1 death every 9 days.

Let’s keep children safe in our child care setting. Let’s also pass this safety information to parents. Securing your TV and furniture will protect your walls, your furniture, and most of all – our children. Here’s how:

Check the stability of all TV’s and furniture. Secure them to the wall with brackets, braces or wall straps. Install stops that will prevent drawers from opening and being used as climbing ladders. The shifting weight from a climbing child can make it easy for heavy items to topple over. Store heavy items low and avoid placing tempting items (remote controls, snacks, toys, etc.) on top of TV’s and DVD’s.

For more information go to: www.safekids.org www.cpsc.gov or ask your TRAILS staff for assistance.

Be Safe & Have Fun!

Safety Belts

Original Author Unknown
Sung to: "Jingle Bells"

Safety belts, safety belts,
wear them all the way

Every time you're in the car,
every night and day, oh

Safety belts, safety belts,
wear them round your lap

Then before you start to
ride, everybody snap!



The Car Song

Original Author Unknown
Sung to: "When Johnny Comes Marching Home"

We like to travel in our car,
Hurrah, hurrah.

A car can take us near or far,
Hurrah, hurrah.

We buckle up before we go,
Whether we're going fast or slow,
So we'll all be safer while riding in our car!

<http://www.preschooleducation.com/shealth.shtml>

Submitted by Mary Jones TRAILS Associate & Child Passenger Safety Technician

ART SAFETY

When doing art activities with young children, safety must always come first. Always supervise young children when they are using art materials. Some safety precautions include:

- ♥ Use only nontoxic materials
- ♥ Do not use glitter or shaving cream for art projects. Both items are prohibited.
- ♥ Assess and remove all items that could be a choking hazard
- ♥ Teach children to use scissors appropriately

Submitted by Sandra Cox, TRAILS Early Childhood Associate
MountainHeart South, Lewisburg, WV
1-866-223-7127 or 304-647-3800

2nd Annual Child Care Training Conference

Sponsored by: Little Eagle Child Care Center and HillSide Child Care Development Center

Saturday March 9, 2013

Doors Open at 7:30

Cost is \$20 a person - \$25 at the door pay for 3, get the 4th free

Any questions: event@littleeagle.org



FULL S.T.E.A.M. AHEAD
2013 HUNTINGTON AREA EARLY CHILDHOOD CONFERENCE

HAECC Conference, April 26 & 27
Big Sandy Superstore Arena

Leadership Institute, April 25
Marshall University

Safe Sleeping Practices For Infants and Toddlers

SIDS is the leading cause of death for infants between 1 month and 12 months of age. About one in five Sudden Infant syndrome (SIDS) deaths occur while an infant is being cared for by someone other than a parent. It is vitally important that we prepare a safe sleeping environment for our babies to lower the risk of SIDS and keep them safe from other dangers. The following are suggestions to help you do that.

- ♥ Back to sleep for every sleep.
- ♥ Consider offering a pacifier at nap time and bedtime.
- ♥ Place babies on a firm sleep surface, covered by a fitted sheet that meets current safety standards.
- ♥ Keep soft objects, loose bedding, bumper pads, or any objects that could increase risk of suffocation or strangulation from baby's sleep area.
- ♥ Loose bedding, such as sheets and blankets should not be used.
- ♥ Sleep only 1 baby per crib.
- ♥ Keep the room at a temperature that is comfortable for a lightly clothed adult.
- ♥ Do not use wedges or infant positioners. There is no evidence they reduce the risk of SIDS and may cause suffocation.
- ♥ Never allow smoking in a room where babies sleep.
- ♥ Have supervised "tummy time for babies who are awake.
- ♥ Talk with families about the importance of sleep positioning and encourage them to follow suggestions at home.



You may find further information at: www.aapolicy.org or www.hearthychildcare.org.

Submitted by Tricia Smith, Infant/Toddler Specialist

National Child Abuse Prevention Month

April is National Child Abuse Prevention Month. This month and throughout the year, we encourage all individuals and organizations to play a role in making our area a better place for children and families. By ensuring that parents have the knowledge, skills, and resources they need to care for their children, we can help promote children's social and emotional well-being and prevent child abuse within families and communities.

Research shows that when parents possess six protective factors, the risk for neglect and abuse weaken and ideal results for children, youth, and families are promoted. The six protective factors are:

- ♥ Nurturing and attachment
- ♥ Knowledge of parenting and of child and youth development
- ♥ Parental resilience
- ♥ Social connections
- ♥ Concrete supports for parents
- ♥ Social and emotional developmental well-being

So please join us in supporting our children, families and communities during National Child Abuse Prevention Month.

Source: <https://www.childwelfare.gov/preventing/preventionmonth/>

Dear Roma

Dear Roma,

I care for a three year old who is intelligent, has excellent communication skills, and follows directions. He always completes activities and is very detailed in his work. He has no behavior issues. The problem is that he moves slowly. I mean very slow, like a turtle. When we play games he is always behind. When we walk somewhere, we have to wait. And during music time he is a word or two behind. What can I do to help him speed up?

Wants to Go Faster



Dear Wants to Go Faster,

First, it seems you are frustrated with this 3 year old because he is slower in his activities than the other children. Your e-mail indicates he isn't delayed in any area and seems to be above average in his development. Remember, we are all unique and have different qualities and characteristics. Some children are fast while engaged in their activities and some are slower. I recommend that you spend more time with the child, observe him and get to know him. He seems to be a child who thinks before he acts and is probably very observant, taking time to enjoy his environment. You may need to make changes to your behavior. Trying to make a child hurry up or go faster may create anxiety or a stressful environment for that child. Take a few deep breaths, give children more time to transition, and just enjoy the extra time allotted for transition.

Roma

For more information on teaching children social skills or to schedule an observation, please contact Roma Lester at 1-800-834-7082.

Come visit us at: <http://ccsouth.mountainheartwv.org> or <http://facebook.com/mountainheartwv>

Upcoming Conferences

National Afterschool Association Conference

April, 7-10, 2013
Indianapolis, IN

<http://www.naaweb.org/>

Greenbrier Early Childhood Conference

April 1, 2013

Huntington Area Early Childhood Conference

April 25, 2013 Preconference
April 26-27, 2013 Conference
Big Sandy Conference Arena

<http://www.rvcds.org/>

MountainHeart South CCR&R

Health and Safety Mini Conference
June 8, 2013

<http://ccsouth.mountainheartwv.org>

NAEYC 2013

National Institute of Early Childhood
Professional Development
June 9-12, 2013

San Francisco, CA

www.naeyc.org/events

National Association for Family Child Care Conference

July 18-20, 2013
Scottsdale, AZ

<http://nafcc.org/>

Strengthening Families Conference

Charleston, WV
September 6, 2013

kisrainfo@kisra.org

IMPORTANT INFORMATION ABOUT STARS

(State Training and Registry System)

To register for STARS, either online or mail, you must send the registration form, a current resume, \$15.00 check or money order, and documentation of your highest level of education (ex. high school diploma or college transcript).

Once registered you will receive a number and stickers with a bar code to use when you attend an approved training. It is important to have the stickers with you at trainings or sign in with **both** your **name** and **STARS number**. You may not receive credit if both are not on the STARS sign-in sheet. (Note: your certificate received at training will still count toward regulation requirements.)

Your registration and number are good for three years. When your three years are up, you must renew with STARS. This requires 45 hours of approved credit over the three year period.

Even if you have a STARS number and stickers with a bar code, if you did not renew in three years your classes will not be compiled on the web-site. They will count toward your requirements for your regulatory specialist.

You have six months to complete a renewal.

Please be aware that family childcare providers need 8 hours of approved training per year for regulations, but fifteen per year for STARS.

Benefits to providers are as follows: You are able to print off a transcript of registered classes. It presents a professional image to parents and employers. You have access to STARS Professional Development Record making it easier to keep up with training requirements. Some of the newer modules being offered require up to date STARS certification.

Visit <http://www.wvearlychildhood.org/> for registration form and more information.

Taken from West Virginia Early
Childhood Training Connections and
Resources




Spotlight

Rising Stars Child Care

We would like to introduce the newest Child Care Center in Beckley! Rising Stars Child Care provides care for children ages 6 weeks to 12 years of age. It is located at 1509 South Kanawha Street. One unique feature of this center is the installation of cameras in every class room, allowing parents to share in their child's day while at work. Rising Stars was founded by Debbie



Tyree. Debbie has been an owner director of a childcare in El Paso, TX, a teacher and assistant director for several childcare centers and also provided care as a family home provider for several years. She holds an associate degree in child development and has over 30 years of experience in the field of early education.

Teachers at Rising Stars make an effort to provide activities that help children focus on problem solving, decision making and self-help, while promoting interpersonal communications. Children at the center learn by doing and are given plenty of opportunity to explore their surroundings in a safe and loving environment. Welcome, Rising Stars Child Care!



Reminder About Registering On The STARS Pathway

In a licensed child care center, any staff person that counts in the staff: child ratio (qualified staff) must register on the STARS pathway and then keep the credential current. This assures that the staff receive ongoing professional development related to the field of child care and early education and is growing as professionals. It is the licensee's responsibility to assign a staff person to monitor and maintain training records for all staff.

There are certain professional development modules or classes offered through the Child Care Resource and Referral agencies that require persons to be registered on the pathway before they can participate, including the Medication Administration training. The Licensing unit has received feedback through our own monitoring and through the R&R agencies that it is not unusual for persons to be refused admittance to these classes because they have not registered on the pathway or they have allowed the credential to lapse.

Please see the related requirements:

- ♥ 8.6.a. A center shall assign one (1) individual the responsibility for monitoring and implementing training and maintaining training records.
- ♥ 8.7.b. All qualified staff shall apply for credentialing on the WV STARS Career Pathway.
- ♥ 8.7.c. All qualified staff shall complete the approved training which is necessary to keep the credential current.

Thank you for your attention to this. If you need more information about applying to the STARS Pathway, please go to: http://www.wvearlychildhood.org/WV_STARS_Applications_and_Forms.html

Submitted by Beth Hall Chambers, Program Manager, WVDHHR, Division of Early Care and Education, Child Care Center Licensing



www.facebook.com/mountainheartwv



 MOUNTAIN HEART
Community Services, Inc.

P.O. Box 966 • Beckley, WV 25801

Children are our future...
and our future looks promising!

Important Information
Professional Development
Schedule Inside!